Chronic Disease Prevention and Support Resources

**Diabetes Prevention**

**Smart Moves**  
South Heartland District Health Department  
606 N Minnesota Suite 2  
Hastings NE 68901  
(402) 462-6211

Brodstone Memorial Hospital  
520 East 10\(^\text{th}\) St  
Superior, NE 68978  
(402) 879-3281 EXT 291  
-Life style modification and weight loss classes for people at risk for diabetes

**Diabetes Management**

Mary Lanning Health Care Diabetes Education Program  
715 N St Joseph Ave  
Hastings, NE 68901  
(402) 463-4521 or 461-5318  
- Diabetes Self-Management Education class or individual sessions  
  - Nurse Educator or Dietitian sessions available  
- Diabetes Health Fair call for dates and times  
- El Parquete Total Program, targeting minority population (with Spanish Translator)  
  - 1\(^{st}\) Saturday each month 8:30-10:30  
  - YMCA  
  - call 402-461-5318 for more information  
- Camp HotShot Central Nebraska, children age 6 and up with diabetes  
- Foot and Toe Nail clinic at Mary Lanning Community Health Center  
- Better Choices Better Sugars' incentive program  
- Community presentations available  
- Classes – Healthy eating and Carb counting class  
- Overview of diabetes management  
- What’s new in diabetes medicines?

Family Medical Center of Hastings  
1021 West 14\(^{th}\)  
PO Box 968  
Hastings, NE 68901  
(402) 463-2423  
-Education on how to manage your diabetes  
-Diabetes nutrition education
Brodstone Memorial Hospital
520 East 10\textsuperscript{th} St
Superior, NE 68978
(402) 879-4432 EXT 128 (Sue or Micki)
- Education on how to manage your diabetes-group or individual sessions
- Nurse Educator or Dietitian sessions available
- Bi-Monthly Diabetes Support Group (Jan, Mar, May, Sept, Nov)

Webster County Community Hospital
621 N Franklin St.
Red Cloud, NE 68970
(402) 746-5600
- Education on how to manage your diabetes
- Monthly Diabetes Support Group offered through Good Samaritan Hospital

**Diabetes Specialty Care**

Mary Lanning Health Care
Dr Singh
715 N. Joseph Ave Hastings, NE 68901
(402) 463-2950
- Endocrinologist for care for Diabetes
- Dr. Singh specializes in disorders of the pituitary gland, thyroid and adrenal gland, obesity, testosterone deficiency and diabetes.

**Weight Loss**

OB/GYN, P.C.
2115 North Kansas Suite 204
Hastings, NE 68901
(402) 463-6793
(800) 742-3305
- Weight Loss Medication Management Program

Quality Healthcare Clinic
301 S Way Ave,
Sutton, NE 68979
(402) 773-0115
- Weight Management Program with Medication and Counseling.
Weight Watchers
Hastings Family YMCA (West End)
1230 W 18th St
Hastings, NE 68901
800 516-3535

Church of Christ Superior
564 E. 4th St.
Superior, Ne. 68978
402-879-4067

Health & Wellness
Mary Lanning Healthcare Wellness Department
715 N. St. Joseph Ave.
Hastings, Ne.
402-460-5852 (Becky Sullivan, Wellness Manager)
402-463-4521
- Offers variety of services to local businesses and can be customized to fit their needs.
- These programs can save local businesses money by lowering health care costs, help increase productivity, and reduce worker's comp claims by improving morale and employee loyalty in creating a healthier workforce.

South Heartland District Health Department
606 N. Minnesota Ave. Ste. 2
Hastings, Ne. 68901
402-462-6211
877-238-7595
- Worksite Wellness
- Diabetes Prevention Program
- Tai Chi
- Every Woman Matters